

# BANANA BAKED OAT LOAF

## with Fudge



### INGREDIENTS:

#### LOAF

1-1/4 cups dry rolled oats  
1 large ripe banana, halved  
1 cup unsweet almond milk  
2 tsp pure maple syrup  
1 tsp baking powder  
1 tsp pure vanilla extract  
1/2-1 tsp cinnamon  
1/2 tsp sea salt

#### FUDGE

4 scoops chocolate protein powder  
2 cups filtered water

\*optional garnish – sliced bananas,  
raspberries, strawberries or unsweet  
coconut flakes

### DIRECTIONS:

1. Preheat the oven to 400F and lightly coat a loaf pan with non-stick spray or line it with a piece of parchment paper.
2. Add all loaf ingredients to a blender and blend until combined. Pour the mixture into the prepared pan and bake for 25 minutes.
3. Meanwhile, add your chocolate protein and water to a small bowl and mix well.
4. Once the loaf is done, slice into 4 portions. Top each with 1/4 of the fudge mixture and serve warm. Enjoy!

SERVES: 4

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